



CSS

Centre for Sports Science
Crafting Sports Through Science

FORGING FITNESS THROUGH SCIENCE



CUSTOMIZED WEIGHT LOSS PROGRAMS



TURBO SLIM

3 MONTH
RAPID RESULT
PROGRAM

BODY SCULPT

6 MONTH
HARDCORE
PROGRAM



**SPECIAL
RATES FOR
FACULTIES
& STUDENTS
OF SRMC & RI***



044 45928650



**Sri Ramachandra Medical College
and Research Institute**

- Personalised Training
- Sport Physician assessments
- Diet Management
- Fantastic Swimming Pool
- High Altitude Training
- Attractive packages

*For Existing Fitness Centre Members

CSS FITNESS CENTRE

Customized Weight Loss Programs

Turbo Slim (3 Months)
₹20,000

Body Sculpt (6 Months)
₹30,000

Key features

- ✓ Monitored personal training
- ✓ Customized training program designed by sports scientists
- ✓ Visual and measurable changes

Services offered during the program

- ⇒ Sports Physician screening
- ⇒ Fitness Assessments
- ⇒ Sports Psychology motivational sessions
- ⇒ Diet counselling with body fat measurement, personalised diet plan with weekly reviews
- ⇒ Personalised work out regimen with varieties of monitored Cardio sessions
- ⇒ High Altitude Training

**SPECIAL
DISCOUNT FOR
FITNESS CENTRE
MEMBERS /
SRMC & RI
STAFF**

Package	Duration	Rate	Validity	No of sessions/week	Session duration
Turbo Slim	3 Months	₹20 000	135 days	3 Gym + 2 Pool + 1 HAC	45 Mins
Body Sculpt	6 Months	₹30 000	195 days	3 Gym + 2 Pool + 1 HAC	1 Hour



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